

How to Identify Creditable Grains for Preschoolers in the National School Lunch Program and School Breakfast Program

School Year 2021-22

This guidance applies only to the U.S. Department of Agriculture’s (USDA) meal patterns for preschoolers (ages 1-4) in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. The SSO follows the NSLP and SBP preschool meal patterns. The requirements for the preschool meal patterns are the same as the Child and Adult Care Food Program (CACFP), and are defined by the USDA’s final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*. For a comparison of each program’s meal pattern requirements for the grains component, refer to the Connecticut State Department of Education’s (CSDE) resource, *Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs*.

For information on the preschool meal patterns and crediting foods, refer to the CSDE’s guide, *Menu Planning Guide for Preschoolers in the NSLP and SBP*, and visit the “[Grains Component for Preschoolers](#)” section of the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.



To credit as the grains component in the preschool meal patterns, grain products and standardized recipes must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran, and germ. **Note:** Bran and germ do not credit in the NSLP and SBP meal patterns for grades K-12.

Creditable foods for the preschool meal patterns include commercial products and standardized recipes for foods that are enriched, whole grain, or whole-grain rich (WGR). Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are enriched, whole grain, WGR, or fortified. Products that are 100 percent whole grain, such as whole-wheat bread and brown rice, provide the best nutrition and should be served most often. For information on identifying whole and enriched grains, refer to the CSDE’s resources, *Crediting Whole Grains in the NSLP and SBP* and *Crediting Enriched Grains in the NSLP and SBP*, and *Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP*.

Allowable Grain Foods

The grains component includes a variety of whole-grain and enriched foods, such as:

- breads, biscuits, bagels, rolls, tortillas, and muffins;
- snack products, such as crackers (including animal crackers and graham crackers), hard pretzels, hard breadsticks, tortilla chips, and popcorn;
- cereal grains, such as buckwheat, brown rice, bulgur, and quinoa;
- ready-to-eat (RTE) breakfast cereals;

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

- cooked breakfast cereals (instant and regular), such as oatmeal;
- bread products used as an ingredient in another menu item, such as combination foods, e.g., breading on fish or poultry and pizza crust in pizza; and
- pasta products, such as macaroni, spaghetti, noodles, orzo, and couscous.

These foods have different crediting requirements, depending on the type of food and whether it is a commercial product or made from scratch.

Grain-Based Desserts

Grain-based desserts do not credit as the grains component in the meal patterns. Examples include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (e.g., cinnamon buns, Danish, eclairs, sweet buns, sweet rolls, and toaster pastries) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g., chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), and rice pudding.

Sweet crackers such as graham crackers and animal crackers are not grain-based desserts. However, the CSDE recommends not serving sweet crackers more than twice per week between all meals and snacks. For more information on grain-based desserts, refer to [USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program](#) and visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).

Whole Grain-rich (WGR) Requirement

The preschool meal patterns require at least one serving of WGR grains per day. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. For guidance on menu planning considerations for the WGR requirement, refer to the CSDE's guide for the CACFP, [Meeting the Whole Grain-rich Requirement for the CACFP](#).

Note: Per USDA memo, [COVID-19: Child Nutrition Response #90: Nationwide Waiver to Allow Specific School Meal Pattern Flexibility for School Year 2021-2022](#), school food authorities (SFAs) that cannot meet the preschool WGR requirement during school year 2021-22 (through June 30, 2022) must request a waiver from the CSDE. For more information, visit the "[How To](#)" section of the CSDE's Operating Child Nutrition Programs during COVID-19 Outbreaks webpage.

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

Preschool WGR criteria

The WGR criteria for the preschool meal patterns are **different** from the WGR criteria for the meal patterns for grades K-12. Except for grain-based desserts, grain foods that meet the WGR criteria for grades K-12 also meet the preschool WGR criteria. However, grain foods that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. For more information, refer to the CSDE's resource, [Comparison of Meal Pattern Requirements for the Grains Component in School Nutrition Programs](#).

To simplify menu planning, the CSDE strongly encourage SFAs to **use the WGR criteria for grades K-12** to identify acceptable WGR grain foods for the preschool meal patterns.

Preschool WGR criteria

WGR foods for the preschool meal patterns must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. To credit as a WGR food in the preschool meal patterns:

- commercial grain products (such as breads, crackers, pancakes, pasta, and cooked breakfast cereals) must contain a whole grain as the greatest ingredient by weight;
- commercial combination foods (such as pizza and breaded chicken nuggets) must contain a whole grain as the greatest ingredient by weight in the *grain portion*;
- RTE breakfast cereals must list a whole grain as the first ingredient, be fortified, and meet the sugar limit (refer to [Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP](#)); and
- standardized recipes must contain an amount of whole grains that is equal to or more than the combined amount of all other creditable grains.

For more information on the WGR criteria and how to determine if commercial products and standardized recipes are WGR, refer to the CSDE's guide for the CACFP, [Meeting the Whole Grain-rich Requirement for the CACFP](#), and [USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers](#).

Serving the same WGR foods to preschoolers and grades K-12

If SFAs serve the same grain foods to preschoolers and grades K-12, these foods must meet the WGR criteria for grades K-12. If SFAs serve the same cooked and RTE breakfast cereals to preschoolers and grades K-12, these cereals must meet the WGR criteria for grades K-12 and the preschool sugar limit. SFAs cannot serve the same grain-based desserts to preschoolers and grades K-12 because grain-based desserts do not credit in the preschool meal patterns. For more information, refer to "[Grain-based Desserts](#)" in this document.

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

The only exceptions to these requirements are when SFAs choose one of the following menu planning methods: 1) use the K-5 meal pattern for preschoolers and grades K-5 who eat in the *same service area at the same time*; or 2) use the ASP K-12 meal pattern for preschoolers and grades K-12 who eat in the *same service area at the same time*. For more information on the meal pattern requirements for preschoolers and grade K-12 eating together, visit the “[Serving the Same Menu to Preschoolers and Grades K-12](#)” section of the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

Crediting Requirements

The preschool meal patterns have different crediting requirements for commercial grain products, commercial combination foods that contain a grain portion, breakfast cereals, and grain foods made from scratch. The crediting requirements for each type of grain food are summarized below.

Crediting requirements for commercial grain products

Commercial grain products credit as the grains component if they meet one of the following criteria: 1) a creditable grain is the *first* ingredient (or water is the first ingredient and a creditable grain is the next ingredient); or 2) the manufacturer’s product formulation statement (PFS) indicates that the combined weight of all creditable grains is the *greatest* ingredient by weight. For more information, refer to “[When a PFS is Required](#)” in this document.

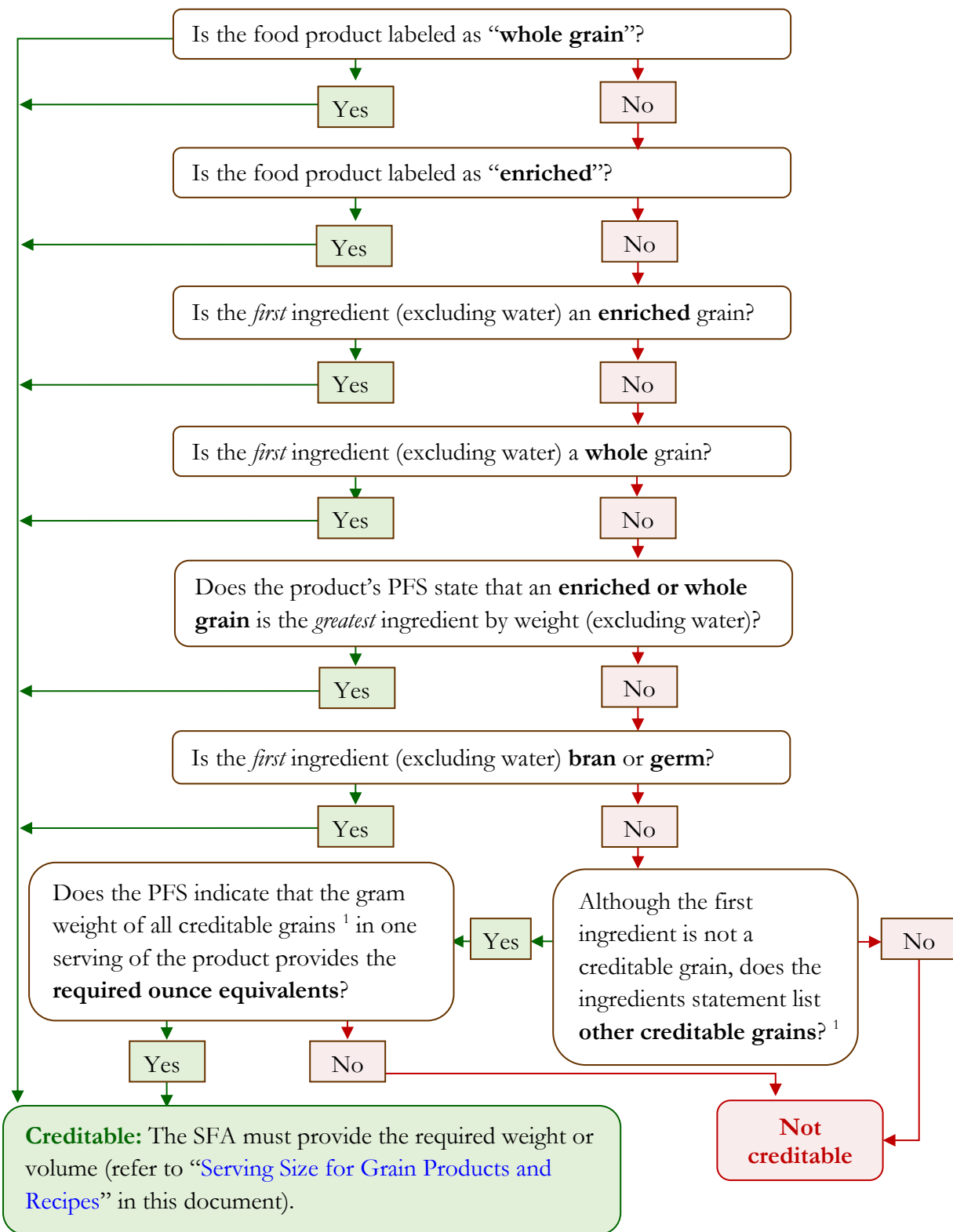
The ingredients statements below show some examples of commercial grain products. Each product credits as the grains component because it contains a creditable grain as the first ingredient.

- Ingredients: *Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, canola and/or sunflower oil, salt, contains 2% or less of: yeast, nonfat milk, sugar, baking soda, monocalcium phosphate, paprika, spices, celery, onion powder.
- Ingredients: Water, *whole-wheat flour*, yeast, wheat gluten, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate.
- Ingredients: Water, *enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamine mononitrate], vitamin B2 [riboflavin], folic acid)*, whole-wheat flour, vegetable oil (soybean, palm, and/or canola oil), egg whites, wheat bran, sugar, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, malt flavoring, whey, soy lecithin.

Table 1 summarizes the steps for identifying creditable commercial grain products in groups A-E (baked goods such as breads, rolls, muffins, crackers, and waffles) and group H (pasta and cereal grains such as quinoa, rice, and millet) of the USDA’s Exhibit A chart. For more information, refer to “[Serving Size for Grain Products and Recipes](#)” in this document.

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

Table 1. Identifying creditable commercial grain products in groups A-E and H



¹ Creditable grains for the preschool meal patterns include whole grains, enriched grains, bran, and germ.

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

Crediting requirements for commercial combination foods

Commercial combination foods that contain a grain portion (such as pizza, breaded fish sticks, and lasagna) credit as the grains component in the preschool meal patterns if they meet one the following criteria:

- a creditable grain is the first *grain* ingredient (or if the grain portion is listed *separately*, a creditable grain is the first ingredient in the *grain portion*); or
- the product's Child Nutrition (CN) label or manufacturer's PFS indicates that the combined weight of all creditable grains in the *grain portion* is the greatest ingredient by weight in the *grain portion*. For information on CN labels and PFS forms, refer to "[Crediting Documentation for Commercial Products](#)" in this document.

The ingredients statement below shows an example of a breaded chicken patty that lists the grain ingredient together with the other ingredients. This product credits as the grains component because the first *grain* ingredient (whole-wheat flour) is a creditable grain.

- Ingredients: Boneless, skinless chicken breast with rib meat, water, *whole-wheat flour*, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breeding set in vegetable oil.

A commercial combination food that lists the ingredients for the grain portion separately credits as the grains component if a creditable grain is the first ingredient in the *grain portion* (or water is the first ingredient in the *grain portion* and a creditable grain is the next ingredient in the *grain portion*). The ingredients statement below shows an example of a breaded chicken patty that lists the grain portion separately. This product credits as the grain component because the first ingredient (white whole-wheat flour) in the *breeding* (grain portion) is a creditable grain.

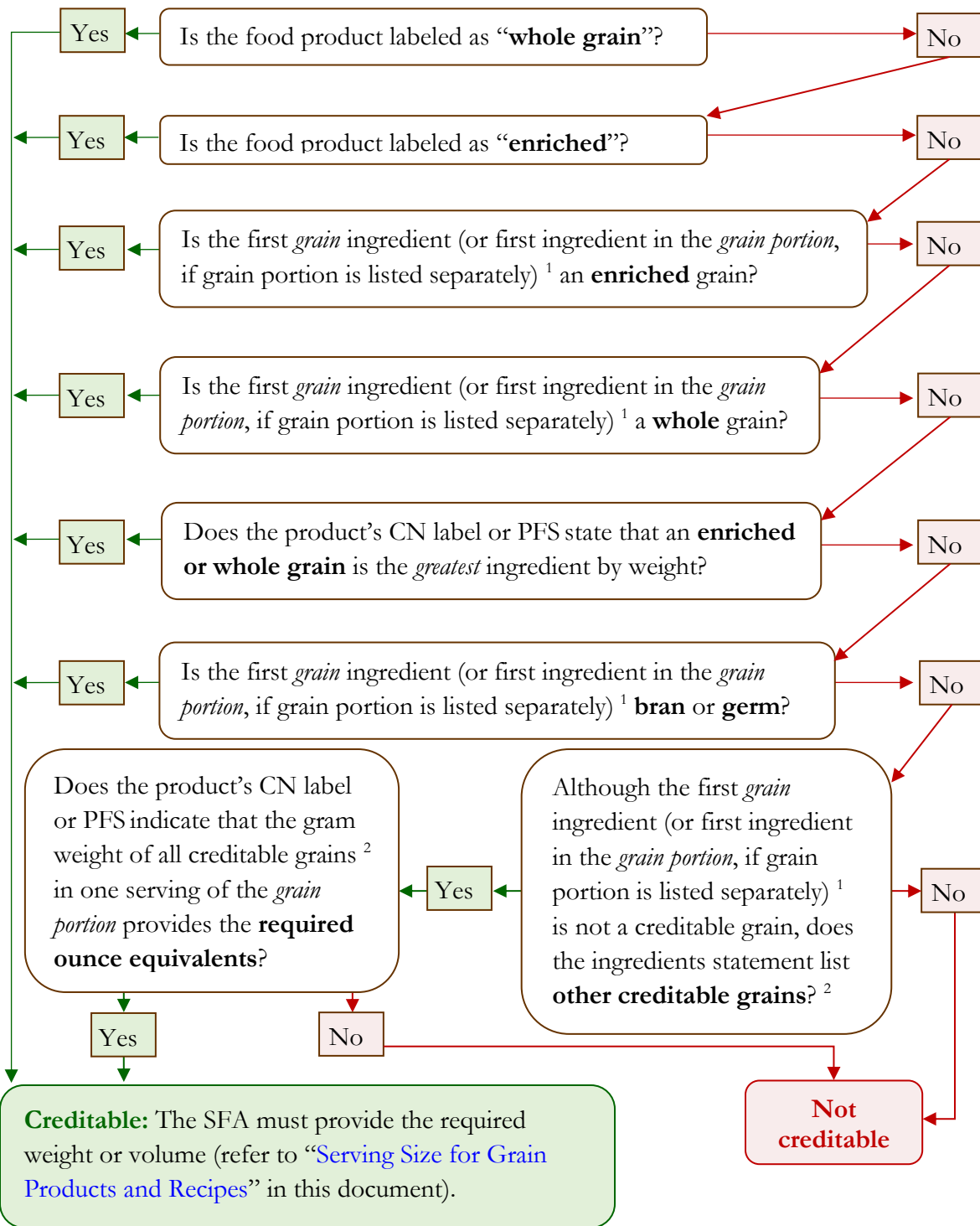
- Ingredients: Chicken, water, salt and natural flavor. **Breaded with:** *white whole-wheat flour*, water, salt, enriched yellow corn flour, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breeding set in vegetable oil.

Table 2 summarizes the steps for identifying creditable commercial combination food that contain a grain portion.



How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

Table 2. Identifying creditable commercial combination foods with a grain portion



¹ If the grain portion is listed separately, a creditable grain must be the first ingredient in the grain portion.

² Creditable grains for the preschool meal patterns include whole grains, enriched grains, bran, and germ.

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

Crediting requirements for breakfast cereals

Breakfast cereals include RTE cereals in group I (such as puffed rice cereals, round or flaked cereal, and granola) and instant and regular cooked cereals in group H (such as oatmeal, cream of wheat, and farina). Breakfast cereals must meet two criteria to credit as the grains component: 1) the first ingredient must be a creditable grain or the cereal must be fortified; and 2) the cereal cannot exceed 6 grams of sugar per dry ounce.

The preschool meal pattern requirements are the same as the CACFP. SFAs may use the CSDE's CACFP crediting worksheets below to evaluate breakfast cereals for compliance with the preschool crediting requirements.

- Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP
- Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP

The CACFP grain crediting worksheets are available in the “[Documents/Forms](#)” section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage. For more information on the crediting requirements for breakfast cereals, refer to the CSDE's resource, [Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP](#).

Crediting requirements for grain foods made from scratch

Standardized recipes credit as the grains component in the preschool meal patterns based on the amount of creditable grains per serving. To credit as 1 ounce equivalent of the grains component, standardized recipes for foods in groups A-E of the USDA's Exhibit A chart must contain 16 grams of creditable grains and standardized recipes for foods in group H must contain 28 grams of creditable grains.

SFAs must determine the standardized recipe's ounce equivalents contribution per serving using one of the following methods: 1) the grams of creditable grains; or 2) if the weight of the prepared (cooked) serving is known, the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart, i.e., where the grain food belongs (refer to “[Serving Size for Grain Products and Recipes](#)” in this document). The examples below illustrate these crediting requirements.

- Pasta is in group H. To credit a SFA's macaroni and cheese recipe as 1 ounce equivalent of the grains component, the recipe must indicate that each serving contains $\frac{1}{2}$ cup of cooked enriched, whole grain, or WGR pasta; or 28 grams of creditable grains.
- Muffins (except corn muffins) are in group D. To credit a SFA's blueberry muffin recipe as 1 ounce equivalent of the grains component, the recipe must indicate that each muffin weighs 2 ounces or contains 16 grams of creditable grains.



How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

For resources that help menu planners determine the ounce equivalents contribution of creditable recipes, refer to “[Grain crediting tools](#)” in this document.

Crediting Documentation for Commercial Products

SFAs must be able to document that commercial grain products meet the crediting requirements of the preschool meal patterns. If the ingredients statement does not provide sufficient information to determine if a grain product or combination food is creditable or WGR, SFAs must obtain a Child Nutrition (CN) label (available only for main dish entrees that contribute to the meat/meat alternates component) or a manufacturer’s product formulation statement (PFS). For more information on CN labels and PFS forms, refer to the CSDE’s resources, [Child Nutrition \(CN\) Labeling Program](#), [Product Formulation Statements](#), and the USDA’s documents, [Product Formulation Statement for Documenting Grains in Child Nutrition Programs](#) and [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#).

When a PFS is required

SFAs must obtain a PFS for commercial grain products when any of the situations below apply. The PFS must indicate the amount of each creditable grain per serving and demonstrate how the product provides that amount according to the [Food Buying Guide for Child Nutrition Programs](#) (FBG) or USDA’s regulations, guidance, or policies.

- **A creditable grain is not the first ingredient, but the product contains more than one creditable grain:** A PFS is required when a creditable grain is not the first ingredient (excluding water), but the ingredients statement contains more than one creditable grain. For grain products (such as breads, rolls, muffins, and waffles), the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight. For combination foods (such as pizza, lasagna, and breaded chicken), the PFS must document that the combined weight of all creditable grains in the *grain portion* is the greatest ingredient by weight in the *grain portion*.

The ingredients statement below shows an example. The first ingredient (wheat flour) is not a creditable grain because it is not enriched or whole grain. However, this product also contains two creditable grains (enriched flour and whole-wheat flour). This product could credit as the grains component if the PFS indicates that the combined weight of the enriched flour and whole-wheat flour is more than the weight of the wheat flour.

- Ingredients: Wheat flour, *enriched flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, *whole-wheat flour*, sugar, wheat gluten, yeast, soybean oil, salt.

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

- **A combination food that contains a grain portion is not CN labeled:** A PFS is required when a commercial combination food that contains a grain portion is not CN labeled. Examples include pizza crust in pizza, noodles in lasagna, and baked chicken coated with breadcrumbs or crushed cereal flakes. The PFS must document that the creditable grains are the greatest ingredient by weight in the grain portion.
- **The manufacturer claims the product's serving size is less than the required amount in the USDA's Exhibit A chart:** A PFS is required when a manufacturer claims that a commercial grain product can provide the required creditable grains using a serving that is less than the minimum weight or volume listed in the USDA's Exhibit A chart (refer to ["Serving Size for Grain Products and Recipes"](#) in this document). An example is a manufacturer that claims a $\frac{3}{4}$ -ounce bagel credits as 1 ounce equivalent of the grains component. The product's PFS must indicate how the manufacturer obtained this crediting information based on the FBG or the USDA's regulations, guidance, or policies.
- **The product is not listed in the USDA's Exhibit A chart:** A PFS is required when a commercial product is not listed in any of the groups of the USDA's Exhibit A chart (refer to the CSDE's resource, [Grain Ounce Equivalents for Preschoolers in the NSLP and SBP](#)). For more information, refer to ["Serving Size for Grain Products and Recipes"](#) in this document.

SFAs should verify the accuracy of the PFS **prior** to including the product in reimbursable meals and ASP snacks. All crediting documentation must be maintained on file. The CSDE will review this information during the Administrative Review of the school nutrition programs.

If the manufacturer will not supply a PFS or the PFS does not provide the appropriate documentation, the commercial product cannot credit in preschool meals and snacks

For additional guidance on documentation for commercial products, refer to the CSDE's resource, [Accepting Processed Product Documentation in the NSLP and SBP](#), and visit the ["Crediting Commercial Processed Products in Preschool Menus"](#) section of the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.



How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

Crediting Documentation for Grain Foods Made from Scratch

SFAs must be able to document that grain foods made from scratch meet the crediting requirements of the preschool meal patterns. SFAs must maintain recipes on file that document the grains contribution of all grain foods made from scratch. Menu planners should use the USDA's FBG to determine food yields and crediting information for preschool recipes.

Recipes credit as the grains component in the preschool meal patterns based on the amount of creditable grains per serving. SFAs must determine the recipe's ounce equivalents contribution per serving using one of the following methods: 1) the grams of creditable grains; or 2) if the weight of the prepared (cooked) serving is known, the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart where the grain food belongs (refer to "Serving Size for Grain Products and Recipes" below).

Serving Size for Grain Products and Recipes

Creditable grain products and foods made from scratch must provide the minimum quantities required by the preschool meal patterns for each meal and snack. Effective October 1, 2021, the required quantities for the grains component are in ounce equivalents.

The amount of a creditable grain food that provides 1 ounce equivalent varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 ounce equivalent of the grains component, a roll must weigh 28 grams (1 ounce), a corn muffin must weigh 34 grams (1.2 ounces), and a blueberry muffin must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is $\frac{1}{4}$ ounce equivalent.

The USDA allows two methods for determining the ounce equivalents or servings of a creditable grain product or standardized recipe. SFAs may use either method but must document how the crediting information was obtained. These methods are summarized below. For detailed guidance on both methods, refer to the CSDE's resource, [*Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP*](#).

Method 1: USDA's Exhibit A chart

Method 1 uses the USDA's chart, [*Exhibit A: Grain Requirements for Child Nutrition Programs*](#) (Exhibit A) to determine the required weight (groups A-E) or volume (groups H-I) for the grain group where the product or recipe belongs. This method is used for commercial grain products and may also be used for standardized recipes if the SFA knows the weight (grams or ounces) of the prepared (cooked) serving. Some commercial grain products must use method 2 (refer to "[When a PFS is required](#)" in this document).

Note: The CSDE's resource, [*Grain Ounce Equivalents for Preschoolers in the NSLP and SBP*](#), lists the Exhibit A grain ounce equivalents that apply to the preschool meal patterns. Groups F and G (grain-

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

based desserts) are not included because grain-based desserts do not credit as the grains component in the preschool meal patterns.

Method 2: creditable grains

Method 2 determines the ounce equivalents for creditable grain products and recipes by calculating the total weight (grams) of creditable grains per serving. The grams of creditable grains are listed in the commercial product's PFS or calculated from the grain quantities in the SFA's recipe.

- **Creditable grains:** To credit as 1 ounce equivalent of the grains component, foods in groups A-E of the USDA's Exhibit A chart must contain **16 grams** of creditable grains and foods in group H must contain **28 grams** of creditable grains.
- **WGR grains:** To credit as 1 ounce equivalent of WGR grains, foods in groups A-E of the USDA's Exhibit A chart must contain **16 grams** of creditable grains (including at least **8 grams** of whole grains) and foods in groups H-I must contain **28 grams** of creditable grains (including at least **14 grams** of whole grains).



Method 2 is used for recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving.

Grain crediting tools

The tools below help menu planners determine the ounce equivalents contribution of creditable grain products and recipes.

- **CSDE's CACFP crediting worksheets:** These Excel worksheets determine if grain products and recipes meet the CACFP crediting requirements and WGR criteria (which are the same as the preschool meal patterns) and calculate the ounce equivalents contribution of the serving.
 - Worksheet 1: Crediting Commercial Grains in the CACFP
 - Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
 - Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP

The CACFP grain crediting worksheets are available in the "[Documents/Forms](#)" section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage.

- **USDA's Exhibit A Grains Tool for commercial grain products:** This [online tool](#) of the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) determines the ounce equivalents of commercial grain products. For more information, watch the USDA's webinars, *Exhibit A Grains Tool to the Rescue* and *How to Maximize the Exhibit A Grains Tool*.

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

- **USDA’s Recipe Analysis Workbook:** The FBG’s online [Recipe Analysis Workbook](#) allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe’s meal pattern contribution per serving. To access this tool, users must create a free account on the USDA’s FBG website.

For more information on ounce equivalents, visit the “[Ounce Equivalents \(Serving Size for Grains\)](#)” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage.

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels.

Consider children’s age and developmental readiness when deciding what types of grain foods to offer in preschool menus. This consideration is also important for children or adult participants with a disability that requires dietary restrictions. For additional guidance, visit the “[Choking Prevention](#)” section of the CSDE’s [Food Safety for Child Nutrition Programs](#) webpage.

Resources

Accepting Processed Product Documentation in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/AcceptDocumentationSNP.pdf>

Approved Food Guide for Connecticut WIC (Connecticut Department of Public Health):

<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

CACFP Training Tools (USDA):

<https://www.fns.usda.gov/tn/training-tools-cacfp>

Calculating Sugar Limits for Breakfast Cereals in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-breakfast-cereals-cacfp>

Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainCalculationSNPpreschool.pdf>

Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCerealsPreschool.pdf>

Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrains.pdf>

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrains.pdf>

Determining Ounce Equivalents of Grains in Child and Adult Care Food Program Recipes (USDA):

<https://www.fns.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes>

Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Exhibit A Grains Tool to the Rescue (USDA webinar):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grain Crediting Worksheets for CACFP Child Care Programs (Worksheets 1-5)

("Documents/Forms" section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CreditingWorksheets>

Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/GrainOzEqSNPpreschool.pdf>

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component for Preschoolers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains>

How to Maximize the Exhibit A Grains Tool (USDA webinar):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

How to Spot Whole Grain-Rich Foods for the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/how-spot-whole-grain-rich-foods-cacfp>

Identifying Whole Grain-rich Foods for the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

Is My Recipe Whole Grain-Rich in the CACFP? – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf

Menu Planning Guide for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/mpgpreschool.pdf>

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs – Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf

Resources for the Preschool Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ResourcesPreschoolMealPattern.pdf>

Standardized Recipe Form for School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/StandardizedRecipeSchools.doc>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CNlabelCACFP.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFSacfp.pdf>

Using the WIC Food Lists to Identify Grains for the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP



For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Identify_Creditable_Grains_SNP_preschool.pdf.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of affirmative action/equal opportunity for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, civil air patrol status, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.